

Please amend the claims as follows:

1. (Twice Amended) An exercise apparatus comprising:

a generally rectangular frame

having a head end,

a foot end,

a hinged left rail comprising

a front rail section,

a rear rail section having a foot end, and

a hinge connecting the front rail section to the rear rail section,

such that the left rail may be folded from an extended position

substantially parallel to a floor into an upright position where the

front rail section and the rear rail section are substantially vertical

and the foot end of the rear rail section remains in proximity to the

floor as the left rail is folded,

~~having a hinge positioned between a front section and a rear section, such~~

~~that the front section and the rear section may be folded, at the hinge, to~~

~~substantially vertical positions, and~~

a hinged right rail comprising

a front rail section,

a rear rail section having a foot end, and

a hinge connecting the front rail section to the rear rail section,

such that the right rail may be folded from an extended position

substantially parallel to a floor into an upright position where the

front rail section and the rear rail section are substantially vertical

and the foot end of the rear rail section remains in proximity to the

floor as the right rail is folded;

~~, parallel to the left rail, the right rail having a hinge positioned between a~~

~~front section and a rear section, such that the front section and the rear~~

~~section may be folded, at the hinge, to substantially vertical positions;~~

a movable carriage mounted on the frame, such that the carriage may be moved

along the left rail and right rail between the head and foot ends, the carriage

having a generally flat upper surface, a pair of spaced shoulder pads mounted to

said upper surface and a head rest;

a plurality of spring members having a first end connected to the underside of the

carriage and a second end connected to the foot end of the frame; and

a foot support assembly mounted to the frame near the foot end.

2. (Previously Amended) The exercise apparatus of claim 1 further comprising

an adjustable head rest, such that the head rest is adjustable to a first flat position;

a second inclined position and a third inclined position with respect to the carriage mat.

3. (Amended) The exercise apparatus of claim 1 further comprising  
a Pilates long/short box ~~with partially open long wall surfaces~~, such that the box  
may be interchangeably positioned  
5           lengthwise on the carriage, in order to perform a first set of reformer  
exercises;  
crosswise on the carriage, in order to perform a second set of reformer  
exercises; and  
lengthwise across the carriage side rails at the head of the frame, in order  
10          to perform chair exercises.
- 4.(Previously Amended) The exercise apparatus of claim 1 further comprising  
an adjustable foot support assembly.
- 15   5. (Previously Amended) The exercise apparatus of claim 1 further comprising  
a hinged headrest and shoulder pad assembly, such that the assembly may be  
rotated away and downward from the carriage surface so that a conversion mat  
may be positioned on the reformer frame in order to provide a flat work surface  
for other exercises.
- 20   6. (Original) The exercise apparatus of claim 1 further comprising  
a first pole section in proximity to the head of the left rail; and  
a second pole section in proximity to the head of the right rail.
- 25   7. (Original) The exercise apparatus of claim 6 further comprising  
a first pole extension section removably inserted in the first pole section; and  
a second pole extension section removably inserted in the second pole section.
- 30   8. (Amended) The exercise apparatus of claim 6 further comprising  
a right adjustable and flexible pulley mechanism mounted on a right riser mounted  
on the first pole section, the right pulley mechanism comprising  
a pulley bracket support having a height adjustment means,  
a pulley mount,  
a pulley roller core, and  
35          a flexible, articulating connection means between the pulley bracket  
support and the pulley mount, such that the pulley bracket mount may  
move relative to the pulley bracket support in order to reduce binding of  
the pulley during operation; and  
a left adjustable and flexible pulley mechanism mounted on a left riser mounted  
40          on the second pole section, the ~~right~~ left pulley mechanism comprising.  
a pulley bracket support having a height adjustment means,  
a pulley mount,  
a pulley roller core, and  
45          a flexible, articulating connection means between the pulley bracket  
support and the pulley mount, such that the pulley bracket mount may

move relative to the pulley bracket support in order to reduce binding of the pulley during operation.

9. (Original) The exercise apparatus of claim 8 wherein  
 5       the pulley roller core is interchangeable to accommodate either ropes or flat straps.
10. (Original) The exercise apparatus of claim 8 wherein  
 10       the flexible connection means is selected from the group consisting of a cable, two interlocking eyebolts, or one eyebolt interlocking with a mount integral to the pulley bracket.
11. (Original) The exercise apparatus of claim 8 wherein  
 15       the pulley bracket is mounted on a riser such that the riser may be rotated from a first position wherein the pulleys are positioned between the pole sections and the carriage mat, so that the user may operate ropes or straps while in a reformer mode,  
 20       to a second position wherein the bracket secures a box positioned on the rails when the reformer is used in a chair mode, and  
 20       a third position wherein the bracket is rotated out of the way for storage when the reformer is used in a pole system mode.
12. (Original) The exercise apparatus of claim 8 wherein  
 25       a riser is mounted on the pole section; and  
 25       the height adjustment means comprises a slot in the riser, such that the pulley mount may be positioned at different heights in the slot.
13. (Original) The exercise apparatus of claim 1 further comprising  
 30       a spring adjustment mechanism, such that the first end of the spring members are connected to a spring gear bar which may be placed in various positions in a spring bar adjustment bracket attached to the carriage in order to adjust the distance of the carriage from the foot end, such that the various positions set the carriage at variable distances in relation to the foot bar, thereby enabling the accommodation of different body types.  
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14. (Original) The exercise apparatus of claim 13 wherein  
 there are at least four carriage positions, such that three positions are Pilates one, two, and three carriage positions, and a fourth position is a negative one position, wherein the carriage is closer to the foot base than in the one position.  
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15. (Original) The exercise apparatus of claim 13 further comprising  
 a plurality of markings on at least one rail, such that each marking represents a proper carriage position corresponding to spring bar adjustment bracket position.
16. (Original) The exercise apparatus of claim 13 further comprising  
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a means for a user to change the position of the spring gear bar in the spring bar adjustment bracket without disembarking from the carriage.

17. (Original) The exercise apparatus of claim 16 further comprising  
5 a release mechanism such that the spring gear bar may be removed from a position in the spring bar adjustment bracket when the release mechanism is engaged; and a retention mechanism such that the spring gear bar may be held in a position in the spring bar adjustment bracket when the release mechanism is disengaged.
- 10 18. (Original) The exercise apparatus of claim 17 wherein the release mechanism is selected from the group consisting of at least one cable, such that pulling on the cable engages the release mechanism, and releasing the cable disengages the release mechanism; or at least one rigid bar, such that pulling on the bar engages the release mechanism, and releasing the bar disengages the  
15 release mechanism.
19. (Previously Amended) The exercise apparatus of claim 1 further comprising a left base pole located near the head end of the left rail, such that the left base pole supports the left rail front section;  
20 a left rail front pivot means, such that the left rail front section may rotate with respect to the left base pole;  
a right base pole located near the head end of the right rail, such that the right base pole supports the right rail front section; and  
a right rail front pivot means, such that the right rail front section may rotate with  
25 respect to the right base pole.
20. (Previously Amended) The exercise apparatus of claim 19 further comprising a foot base, the foot base including at least one wheel such that the foot base may roll toward the head as the left rail is folded along the left hinge and the right rail is folded along the right hinge; and  
30 a head base located near the head of the left rail and right rail, such that the left base pole and the right base pole are supported in the head base, and such that the head base remains stationary while the foot base is rolled into a folded position.
- 35 21. (Original) The exercise apparatus of claim 20 wherein the head base has at least one wheel such that once the unit is folded into a vertical folded position, the folded apparatus may be moved by rolling it on the wheel.
- 40 22. (Original) The exercise apparatus of claim 21 wherein the foot head base has at least two wheels; and the head base has a rear inclined face such that the wheels may be rolled up the inclined face as the unit is rolled into a vertical folded position.
- 45 23. (Original) An exercise apparatus comprising:

- a generally rectangular frame having  
 a head end  
 a head end support including a head base with at least two wheels, a left  
 base pole and a right base pole,  
 5 a left riser mounted on the left base pole,  
 a right riser mounted on the right base pole,  
 a foot end,  
 a wheeled foot end support,  
 a left rail comprising  
 10 a left rail front section,  
 a left rail front section pivot support integral to the left base pole,  
 a left rail rear section,  
 a left rail hinge connecting the left rail front section and the left rail rear  
 section, such that the left rail front section may be folded with respect to  
 15 the left rail rear section,  
 a right rail comprising  
 a right rail front section,  
 a right rail front section pivot support integral to the right base pole,  
 a right rail rear section,  
 20 a right rail hinge connecting the right rail front section and the right rail  
 rear section, such that the right rail front section may be folded with  
 respect to the right rail rear section;  
 a movable carriage mounted on the frame, such that the carriage may be moved along  
 the left rail and the right rail between the head end and the foot end, the carriage  
 25 having a generally flat upper surface, a pair of spaced shoulder stops mounted to said  
 upper surface and an adjustable head rest;  
 an height-adjustable and flexible left pulley mechanism attached to the left riser;  
 an height-adjustable and flexible right pulley mechanism attached to the right riser;  
 a plurality of interchangeable springs having a first end connected to a rod which  
 30 may be positioned into one of several slots affixed to the underside of the carriage  
 and a second end connected to the foot end of the frame;  
 a gear mechanism to assist in changing the position of the rod from one slot to  
 another slot; and  
 an adjustable foot support assembly mounted to the frame near the foot end.  
 35
24. (Original) The exercise apparatus of claim 23 further comprising  
 a means for removably securing a Pilates long/short box over the head portion of  
 the left rail and the right rail, thereby permitting Pilates chair exercises on the box.
- 40 25. (Original) The exercise apparatus of claim 23 further comprising  
 a means for inverting the headrest so that a separate mat be placed over a portion  
 of the left rail and the right rail, thereby permitting Pilates mat exercises on the  
 mat and carriage.

26. (Original) The exercise apparatus of claim 23 further comprising  
 a means for removably attaching a left pole extension on the left base pole; and  
 a means for removably attaching a right pole extension on the right base pole,  
 such that a push through bar may be positioned between the left pole extension  
 5 and the right pole extension, thereby permitting Pilates pole exercises.
27. (Amended) The exercise apparatus of claim 23 wherein  
 there are ~~at least four slots, such that three slots correspond to Pilates one, two,~~  
~~and three carriage positions, and a fourth slot corresponds to a negative one~~  
 10 ~~position, wherein the carriage is closer to the foot base than in the one position.~~  
a plurality of slots for carriage position adjustment.
28. (Twice Amended) An improved reformer, the improvement comprising:  
 15 a first rail comprising  
a front rail section,  
a rear rail section having a foot end, and  
a hinge positioned between a connecting the front rail section and a to the  
rear rail section, such that the first rail may be folded from an extended  
 20 position substantially parallel to a floor into an upright position where the  
front rail section is substantially parallel to and the rear rail section are  
substantially vertical and the foot end of the rear rail section remains in  
proximity to the floor as the first rail is folded; and  
 a second rail comprising  
 25 a front rail section,  
a rear rail section having a foot end, and  
a hinge positioned between a connecting the front rail section and a to the  
rear rail section, such that the second rail may be folded from an extended  
 30 position substantially parallel to the floor into an upright position where  
the front rail section is substantially parallel to and the rear rail section are  
substantially vertical and the foot end of the rear rail section remains in  
proximity to the floor as the second rail is folded; and  
a movable carriage, such that the carriage may be moved along the first rail and  
the second rail.
- 35 29. (Twice Amended) The improved reformer of claim 28 further comprising  
a spring gear bar for adjusting the position of the carriage;  
a spring bar adjustment bracket; and  
 a disengagement member which permits a user to change the position of the  
 40 spring gear bar in the spring bar adjustment bracket ~~without disembarking from~~  
~~the carriage.~~
30. (Original) The exercise apparatus of claim 29 further comprising  
 a release mechanism such that the spring gear bar may be removed from a position  
 45 in the spring bar adjustment bracket when the release mechanism is engaged; and

a retention mechanism such that the spring gear bar may be held in a position in the spring bar adjustment bracket when the release mechanism is disengaged.

- 5 31. (Twice Amended) The improved reformer of claim 28 further comprising  
a rotatable pulley assembly such that ropes or straps may be pulled through a  
pulley from various positions of the carriage, when the pulley is at various  
heights, without binding.
- 10 32. (Original) The improved reformer of claim 28 further comprising a pole assembly,  
the pole assembly comprising  
a head base;  
a right head base pole;  
a left head base pole;  
a right pole extension removably attached to the right head base pole;  
15 a left pole extension removably attached to the left head base pole; and  
a push through bar attached to the right pole extension and the left pole extension,  
such that Pilates pole exercises may be conducted on the reformer and pole  
assembly.
- 20 33. (Amended) The improved reformer of claim 28 further comprising  
a Pilates long/short box ~~with partially open long wall surfaces~~, such that the box  
may be interchangeably positioned  
lengthwise on the carriage, in order to perform a first set of reformer  
exercises;  
25 crosswise on the carriage, in order to perform a second set of reformer  
exercises; and  
lengthwise across the carriage side rails at the head of the frame, in order  
to perform chair exercises.
- 30 34. (Amended) An interchangeable Pilates exercise system comprising  
a reformer comprising  
a pair of carriage rails, and  
a movable carriage including a foldable headrest and shoulder rest  
assembly, such that the assembly may be folded to a flat position;  
35 a pole extension assembly removably attachable to the reformer, such that pole  
exercises may be performed on the pole extension; and  
a modified long/short box, such that the box may be placed lengthwise or  
crosswise on the carriage ~~for~~ for reformer exercises, or placed on the carriage rails  
to perform chair exercises.
- 40 35. (Original) The exercise system of claim 34 further comprising  
a removable mat which may be placed over the carriage rails and the folded down  
headrest and shoulder rest assembly to create a flat surface in conjunction with the  
carriage.
- 45

36. (Amended) A method for storing and transporting a reformer exercise apparatus having a first rail, a first rail head section, a first rail head section support, a first rail foot section, and a first rail foot section support, and a second rail, a second rail head section, a second rail head section support, a second rail foot section, and a second rail foot section support, the method comprising
- 5 folding the reformer frame from an extended lateral position to a vertical folded position by
- lifting the frame near the hinged intersection of the first rail head section and the first rail foot section and near the hinged intersection of the second rail head section and the second rail foot section,
- 10 rolling the first rail foot ~~sections~~ section and the second rail foot section toward the head of the reformer,
- pivoting the head section of the first rail on its head section support,
- pivoting the head section of the second rail on its head section support,
- 15 continuing to roll the first rail foot ~~sections~~ section and the second rail foot section toward the head of the reformer until the reformer is in a folded vertical position;
- securing the reformer into a folded vertical position;
- tilting the folded reformer so that wheels on the right and left head section
- 20 supports contact the floor;
- rolling the folded reformer to a desired position; and
- tilting the reformer back into a vertical position.
37. (Previously added) An exercise apparatus, for placement on a support surface, the exercise apparatus comprising:
- 25 a generally rectangular frame
- having a head end,
- a foot end having at least one foot base roller,
- a hinged left rail and a hinged right rail, each rail comprising
- 30 a front section having a first end pivotally attached to the head end of the frame, and a second end connected to a hinge, and
- a rear section having a first end connected to the hinge, and a second end attached to the foot end,
- such that each rail may be folded at its hinge, and such that the second
- 35 ends of the rear sections are supported by the foot base roller and remain in proximity to the support surface as the rails are folded;
- a movable carriage mounted on the frame, such that the carriage may be moved along the left rail and right rail between the head and foot ends, the carriage having a generally flat upper surface, a pair of spaced shoulder pads mounted to
- 40 said upper surface and a head rest;
- a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame; and
- a foot support assembly mounted to the frame near the foot end.



38. (Previously added) An exercise apparatus comprising:

a generally rectangular frame  
 having a head end,  
 a foot end,  
 5 a left rail having a head end and a foot end, and  
 a right rail having a head end and a foot end;

a movable carriage mounted on the frame, such that the carriage may be moved  
 along the left rail and right rail between the head and foot ends, the carriage  
 having a generally flat upper surface, a pair of spaced shoulder pads mounted to  
 10 said upper surface and a head rest;

a plurality of spring members having a first end connected to the underside of the  
 carriage and a second end connected to the foot end of the frame;  
 a foot support assembly mounted to the frame near the foot end;  
 a first pole section in proximity to the head end of the left rail, and a second pole  
 15 section in proximity to the head end of the right rail, each pole section comprising  
 a rotatable riser, such that the riser may be set at a first position oriented  
 between the pole sections, and set at a second position, the second position  
 being rotated away from the first position and away from the rails.

39. (Previously added) The exercise apparatus of claim 38 further comprising

a first pole section in proximity to the head end of the left rail, and a second pole  
 section in proximity to the head end of the right rail, each pole section comprising  
 a rotatable riser, such that the riser may be set at a first position oriented  
 25 between the pole sections, and set at a second position, the second position  
 being rotated away from the first position and away from the rails, and  
 a vertically adjustable pulley mechanism mounted on the riser, such that  
 the pulley mechanism may be set at a desired height relative to the riser,  
 and such that a user may perform a first set of exercises with the pulley  
 mechanisms;

a removable first pole extension section, such that the first pole extension section  
 may be secured to the first pole section, and  
 a removable second pole extension section, such that the second pole extension  
 section may be secured to the second pole section, such that the user may perform  
 35 additional exercises with the pole extension sections.

40. (Previously added) An exercise apparatus comprising:

a generally rectangular frame  
 having a head end,  
 40 a foot end,  
 a left rail having a head end and a foot end, and  
 a right rail having a head end and a foot end;

a movable carriage mounted on the frame, such that the carriage may be moved  
 along the left rail and right rail between the head and foot ends, the carriage

having a generally flat upper surface, a pair of spaced shoulder pads mounted to said upper surface and a head rest;

a foot support assembly mounted to the frame near the foot end;

5 a plurality of spring members having a first end connected to the underside of the carriage and a second end connected to the foot end of the frame; and

a spring adjustment mechanism, such that the first end of the spring members are connected to a spring gear bar which may be placed in various positions in a spring bar adjustment bracket attached to the carriage in order to adjust the distance of the carriage from the foot end, such that the various positions set the carriage at variable distances in relation to the foot bar, thereby enabling the accommodation of different body types.

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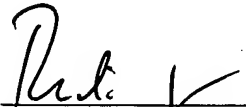
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**AMENDMENTS AND RESPONSE TO OFFICE ACTION**

  
Rick Yeager